

FRIENDSHIP SKILLS

Meeting new people	Keeping confidences
Building a relationship	Being trustworthy
Communicating clearly	Being authentic
Supporting others	Being assertive, not aggressive
Encouraging others	Leaving unhealthy friendships
Repairing	Respect
Standing up for oneself	Honesty
Resisting pressure	Investing time and energy
Setting boundaries	Sharing
Maintaining boundaries	Taking turns
Respecting boundaries	Being happy for others
Protecting others	Loyalty
Conflict resolution	Kind behaviour
Forgiving	Negotiation
Empathy	Accepting flaws
Listening	Tolerance
Lifting others up	Acceptance

